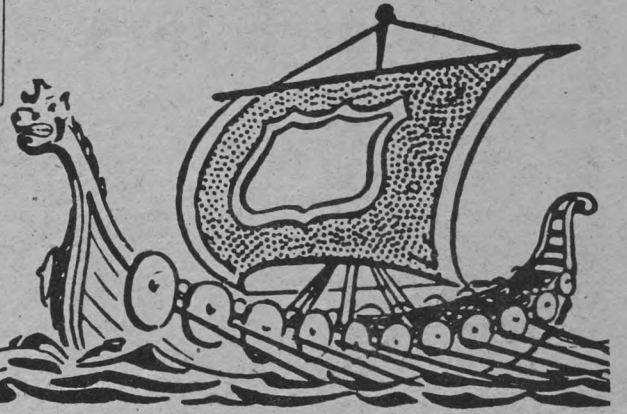
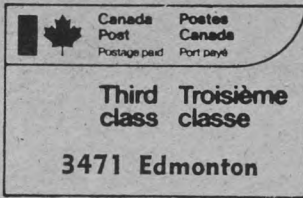




Scandinavian Centre News

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SKI FOR LIGHT

At Torske Klubben's November meeting, Kaare Askildt was guest speaker, and guests were blind skiers Janet Shuster, Bill Thompson and Tim Kehoe, all of Edmonton. Because Ski for Light is such a valuable and important program, we are reprinting below the whole of Kaare's talk:

X-country skiing might be a fairly new idea in North America, however, Norwegians have been involved with this sport for over 4000 years, as indicated by a rock carving found in northern Norway, which shows a human figure on skis. And the oldest ski on display in the Oslo Ski Museum is 2500 years old.

Instances of blind people X-country skiing, can be found occasionally throughout the history of the sport. But more organized activities, making skiing available to a large number of blind people, are a recent development.

In Norway, the starting date may be considered to be 1960, the year Erling Stordahl, himself blind since the age of 12, invited some blind friends to share his joy in X-country touring through the rolling terrain of his native Vadres mountains. This became a yearly event, and gave birth to the first "Ridderrenn" or Knights Race.

The name "Ridderrenn" is based on a medieval legend, and the first race was held April 12, 1964 at Beitostlen, in the vicinity of the mighty Jotunheimen mountains. A 25 km course was laid out in top condition as 75 visually handicapped skiers and 75 guides took off in pairs. The participation of Norway's "sports king" H.M. King Olav V, and Crown Prince Harald, lent special lustre to the event.

Also among the participants were cabinet members and members of parliament who served as sighted guides for the first "Ridderrenn". Following the race, a slightly erroneous newswire report raised eyebrows around the world, as it stated that "eighty blind and handicapped members of the Norwegian Parliament, participated in a cross-country skiing race today, in the mountains of Norway".

In the spring of 1973, the 10th "Ridderrenn" was held. One indication of the popularity of the event was the fact that race instructions were printed in five languages in the program. Canada was first represented at the 15th "Ridderrenn" in the spring of 1978, with 6 skiers from Alberta - 3 of which are here today. They were sponsored by Alberta Society for Visually Impaired, Nordic Society of Edmonton, Kinsmen Club of Edmonton, local businesses, and the skiers also raised some of the money themselves.

The first such activity in North America, was organized by a Norwegian immigrant, Olav Pedersen, who works as a ski instructor in Colorado. He contacted Stordahl, and asked if he would consider

helping out with an American ski touring program for the blind. Stordahl said he would be glad to help, but only on the condition that a real effort would be made to turn it into an ongoing program.

Pedersen got the Summit County Lions Club in Colorado interested, and later the Colorado Lions and the Sons of Norway Foundation joined in the effort. A committee was formed, one of whose members was Eric Bye, a Norwegian radio and TV personality. Stordahl and a party of 35 blind skiers came over from Norway for the race, which was held in 1975 at 10,000 feet altitude at Frisco in the beautiful Colorado Rockies. Sons of Norway lodges in the U.S. and Canada, sponsored the blind skiers in their respective areas.

The following year the name for this event was changed from "Race for Light", to "Ski for Light", and became a Sons of Norway outreach program.

X-country learn to ski programs in Canada, were first organized in 1975 in Vancouver, by Annar Jacobsen, with help from Sleipner Lodge. Calgary followed in 1976 with Lillian Ofstad and the backing of the Norseman Ski Club, and in Edmonton 1978 by myself, with full support from the Nordic Society of Edmonton and the ASVI.

The learn to ski programs in Vancouver and Calgary were running really well, and thanks to Nordic Lodge in Castlegard B.C., the first regional Ski for Light race in Canada, was held in Feb. of 1978. The program in Edmonton had been running for one month and 3 skiers went with their instructors, putting on a tremendous performance. Janet placed first in class, Bill 3rd in class, and Ross 4th in class. Erling Stordahl, was there to officially open the race, and skied the 5 km in 15:03 (he said he stopped for a cigarette on the back straight) and was very impressed with the performance our skiers put forth, and personally invited them to the 15th annual "Ridderrenn".

Gary Johnson approached me in the late part of 1978, and we discussed the possibility of forming a Canadian Ski For Light organization, it was followed up with a meeting here at the Scandinavian Centre, with 20 interested people. Mr. Einar Bergh secretary of Ski For Light Inc. - Minnesota, came to Edmonton to attend this meeting as well, and informed us of their full support. After discussing all pros and cons, a decision was made to go ahead. In the early part of 1979, 6 people from across the west, met at Gary Johnson's to form the board of Ski For Light Canada Inc.

All these people had one thing in common, to spread the joy of X-country skiing to handicapped across the country. The guidelines for this was drawn up, and became part of the objectives of the organization. To implement these objectives, we need help and input

from Sons of Norway members, and others with similar ideas or interests throughout the country.

We have the knowledge and capability to set up learn to ski programs in any part of this country, where there are handicapped persons. We are willing to put on workshops for instructors and help them design a program specific to their area. We already have a pool of qualified instructors in B.C. and Alberta to draw from.

Once a year we put on a Ski For Light Canada Race, and we have changed the format from regional to international. The next race will be in Saskatoon, hosted by Nisse Lodge of Radisson Sask., during the week of March 3/80 to March 9/80, with the main race on March 8/80. There will also be other activities during the week, such as bowling, curling and skating to name a few.

Why are competitions important? Well to coin a good Norwegian phrase: "Det gir blod paa tann". In other words, it gives the skier an opportunity to measure his ability and confidence, both physically and mentally, with his

own peers, and an incentive to improve his skiing for the next meet. Equally important are the social evenings and fellowship that always follow.

With us today we have 3 of the members of Canada's national team for the handicapped olympics, to be held in Norway, Feb. 1980. Miss Janet Schuster, who is also the Canadian overall champion, female totally blind. Mr. Tim Kehoe, who cleaned up in Squaw Valley and became the North American champion, and also holds the title of Canadian champion, men partially sighted. Mr. Bill Thompson, who is going to Norway to harvest gold. Bill has also participated in biathlon or ski shooting, where he placed a sixth amongst tough international competitors, men totally blind. Mr. Stein Jahnsen is also here today, and he is responsible for designing a conditioning program for each of these athletes, and for implementing and supervising the program. We are now just waiting for snow, to get on snow training. These skiers are all determined to get medals in the olympics.

Ski For Light Canada Inc. is here

to stay, and we like to get the assurance from Torske Klubben and its members, that we have their full support. We have taken on a big task, and a heavy responsibility, and would like to know that we can come back to you for advise, manpower and financial support.

Finally, let me quote Erling Stordahl: "After all, skiing itself is not the main thing. Skiing and other sports for that matter, can provide the key to a new awareness of what blind and other handicapped can do, once they are determined. It could and should lead to more efforts, more research, to make it possible for handicapped people to break out of their isolation and lead more meaningful and useful lives as citizens".

We would like to mention here that the Nordic Society is holding a Fund-Raising Dinner for Ski for Light on January 10, 1980, at the Scandinavian Centre. Cocktails are at 6:30 p.m. and dinner at 7:30. The price is \$60.00 per couple and tickets can be obtained from Kaare Askildt at 437-1809, Josh Bjarnason at 429-2651, or Kerry Bjarnason at 423-2401.

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Vasa Lodge Scandia

by Gertie Holmgren

Our regular November meeting was held in the Dania Room on Monday, November 5th, and was very well attended. A lot of time was spent discussing the new leases, following which nomination of new officers for 1980 took place.

Get well wishes go out to all the members who have been, or are, ill.

Our deepest sympathy is extended to the family of the late Emil Johnson who passed away on October 1st. Mr. Johnson was a charter member of Winnipeg Lodge Strindberg. He had been in a nursing home for several years before his death.

After his retirement he spent his summers at Vasa Park, being the first out there in the spring and the last to leave in the fall. He helped maintain the grounds, and when construction on the new club house was started he gave a generous contribution towards the cost.

Emil had a big smile and a friendly greeting for everyone and we missed him at Vasa Park when he was no longer able to come out.

We had a very successful smorgasbord on October 27th. I would like to thank of those who

helped us in any way — with the preparation of food, serving, cleaning tables, etc. You did a wonderful job.

Several persons deserve a big thank you: they did a lot of work beforehand. I don't need to mention any names; they will know who they are. I really appreciated your help — thank you so very much.

On October 27th Winnie and Oscar Pearson, Matt and Leonard Eliasson and Glen and Audrey Eliasson travelled to White Rock to surprise Margaret Lundgren on her special birthday.

I spent three weeks on a bus tour of the Maritimes the latter part of September and beginning of October.

Don and Evelyn Johnson have returned to their winter home in the south.

Congratulations to Doreen and Merna Melan who celebrated their 25th wedding anniversary on November 11th. Their family held an open house at the couple's acreage at Stony Plain and many friends and relatives called to congratulate them.

Get well wishes to Magnus Pearson of Vancouver who recently suffered a stroke.

Norse Mythology

(Reprinted from the Sons of Norway "Viking")

The mythology of Scandinavia is not well-known. While our children do become acquainted with the stories of Greece and Rome in school, practically nothing is taught of the northern European myths. This is sad for there is much to be learned from these stories, both by adults and children. Myths help us to understand a vanished age more clearly than artifacts from the same age for myths reflect the thinking of the people.

Myths are the beliefs man has which help him make sense of his life. They explain how the physical part of his world came to be and give him ideals to pattern his life after.

Courage, freedom of action and honor are illustrated in the Norse myths as being the highest virtues, along with fair dealing and respect for each other. Men and women, gods and goddesses were not afraid to die for the sake of honor and if they could be light-hearted as they died, that represented a victory over death.

The dieties of the North were set apart from the supernatural beings of other civilizations. Although they possessed abilities higher than human beings, they also possessed the knowledge of their mortality. This knowledge that even the gods and goddesses would die in the end lent them a human quality not apparent in the myths of other countries.

The northern myths began in the time before gods and men. Then only a great chasm existed between the region of cold and mists on the north and the region of fire and heat on the south. This chasm was called Ginnungagap and was filled with the energy of everything that was to be.

Giants were the first beings that came from the chasm. Some of them were good and some of them evil. They were the parents of both gods and frost giants. The first giant, Ymir, was evil and was killed by Odin and his brothergods. The primeval giant's body was used to form the mountains, lakes, clouds, soil and other physical parts of the universe.

In the center of the universe was Yggdrasil, the World Tree. Yggdrasil acted as a link between the nine worlds of Norse Mythology. This magnificent ash

reached so high into the sky the top was lost in clouds and from its base three roots grew. One of these roots ended in Jotunheim, the cold grey land of the frost giants. One root ended in Niflheim, the realm of the dead, and one ended in Asgard, the shining golden home of the Aesir gods.

Two sets of gods lived in Asgard. The Aesir gods helped to govern the destinies of men and women; while the Vanir were concerned with the earth's fertility and controlled the elements. Allfather Odin was one of the Aesir gods as were his sons, the Thunder God Thor and the beloved Balder. Queen of the Aesirs was Frigga while the God Bragi was skilled in the making of poetry and his wife, Idun was the goddess of youth and immortality.

The Vanir dieties living in Asgard were the sea god Njord, who controlled the wind and the earth's water; his son, Freyr, giver of sunshine and rain; and his daughter, Freyja, the goddess of love and magic.

Not all beings that lived in Asgard were gods; Loki was the son of the Wind Giant. He was known for his trickery; he caused serious trouble for the gods but usually helped them out of it later.

Frost giants were constant enemies of both gods and men. In another of the Norse worlds known as Midgard lived men and women. The gods protected them from the giants with magic weapons made for them by dwarfs. These dark little creatures with no thumbs lived beneath the earth and turned the gold and silver they mined into the gods' swords, helmets and ornaments.

Allfather Odin learned of a great battle that was to be fought between the gods and giants that would lead to the death of all living things in the ancient Norse world. This battle was known as Ragnarok and for this the gods would need the help of men for Midgard. Odin chose supernatural women known as Valkyries to aid warriors on Midgard during battle and to bring them back to Odin's Hall after death. Here they were trained to fight alongside the gods in the final battle. Only the World Tree survived Ragnarok and within it the two human beings, Lif and Lifthrasir, would begin again in the new world.

Christmas Celebrations at the Multicultural Centre

Like last year, the Multicultural Centre in Stony Plain will, from Nov. 12 until Dec. 21 have 3 different Christmas programs, showing how a Dutch Christmas, (12-11, - 23-11), a Danish Christmas, (27/11 - 7/12), and an Italian

Christmas (10/12 - 21/12) are celebrated.

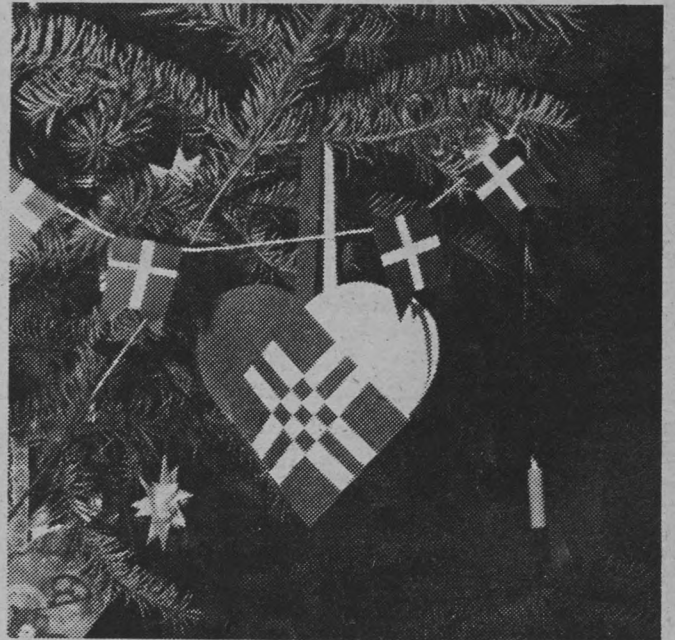
Each program will consist of a program for children's classes during the week, and one Sunday with open house for everybody.

At the Danish program Sunday,

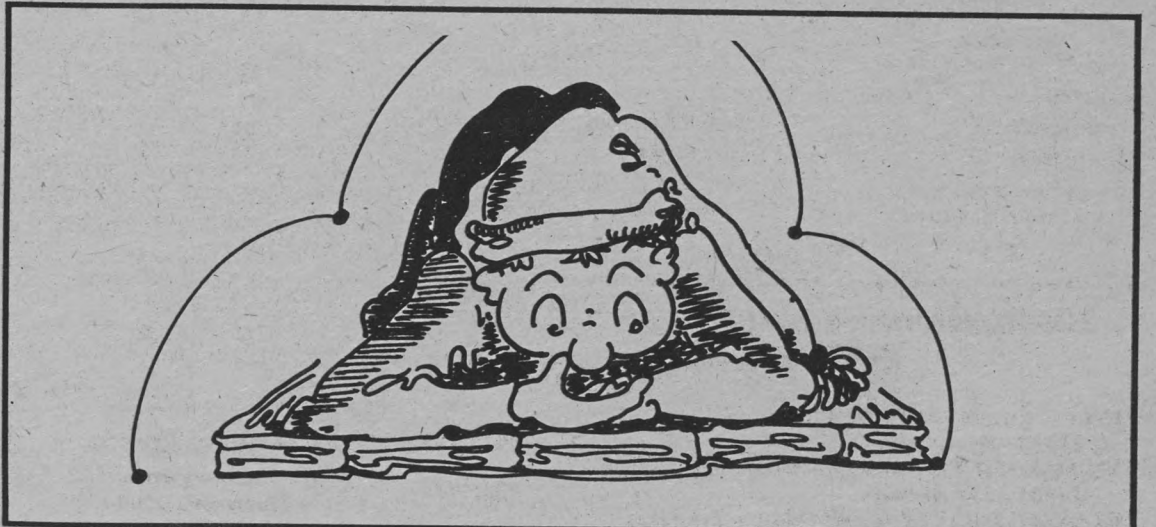
Dec. 2 from 1:00 p.m. to 4:00 p.m., you will get the opportunity to see how the Danes decorate for Christmas, to taste Ole Hansen's delicious homemade "Ableskiver", made on the old stove in the cabin, and to listen to some Danish Christmas Carols. There will also be a demonstration of how to make different kinds of Christmas ornaments, and for the children a Christmas story will be told.

At the same time the Multicultural Centre will have a Christmas sale in the display room, called Santa's Workshop (21/11 - 22/12). Here, you will have the opportunity to do most of your Christmas shopping. There will be an excellent selection of handcrafted items, such as weavings, pottery, patchwork, etc.

We hope to see you Sunday, Dec. 2, at the Multicultural Centre in Stony Plain; the address is, 5411 - 51 Street, Stony Plain. Phone 963-2777.



Danish Christmas Decorations



The Nidelven Story

by Astrid Hope

There is a story to *Nidelven* — a beautiful love song coupled with deepest pathos and the tragedy of stark reality, giving this song a hymnal quality.

Oskar Hoddø, a Norwegian underground worker during the Nazi occupation of Norway, learned that his identity had been revealed to Nazi headquarters and that he must flee to Sweden without a moment's delay. However, he was determined to see his wife, Inger, and his two-year-old daughter, Eva, once more. He left immediately for Trondhjem and

In 1940 Oskar and Inger had become engaged. They had a lovers' spat, and one summer night Oskar stood on the "Old Town Bridge" and composed *Nidelven*, then sang it to her

Eva requested that he sing it for her again when came this last time. He didn't know that the song would make him immortal and that his composition would become known the world over

He was arrested and shortly after he was executed.

Inger continued to bring packages to Vollan prison until Christmas Eve, 1943, when she

Here are the words of *Nidelven* in both Norwegian and English:

Langt i de fjerne bak fjellene bla
Ligger i sted jeg har kjaer
Dit mine taenker og drommer vil ga
Engang jeg var deg sa naer

Kor:
Nidelven stille og vakker du er
Her hvor jeg gar og drommer
Drommer om deg som jeg hadde
sa skaer
Men det blir bare minner
Den gamle bybro er lykkens portal
Sammen vi seiler i stjernens korall
Nidelven stille og vakker du er
Men det blir bare minner

was notified by the German office that the death sentence had been carried out.

Far in the distance, 'neath mountains so blue
There lies a place I hold dear
There's where my thoughts and my dream often go
In my heart you are always so near

Chorus:
Nidelven, quiet and lovely you are
Your ripples flow through my dreaming
Dreaming of you and the love we once knew
Now they are only memories
The old town bridge was our love's paradise
Together we sailed under star-bangled skies
Still flowing waters more peacefully on
While I walk alone with my memories

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IMPORTANT ANNOUNCEMENT!

The Centre regrets that because the kitchen is in full operation every day with Christmas functions, PARTY TRAYS WILL NOT BE AVAILABLE FROM NOVEMBER 25 THROUGH JANUARY 1ST and hopes this will not cause you great inconvenience.

Regular weekly flights are available all year to Aalborg, Aarhus, Bergen, Billund, Copenhagen, Esbjerg, Gothenberg, Helsinki, Karup, Kristiansand, Odense, Oslo, Skrydstrup, Sønderborg, Stavanger, Stockholm and Thisted.

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Traditional Christmas dishes

In Norway, Sweden, Denmark, or Finland, Christmas is a feast of light and warmth in the house, of crackling logs in the fireplace, of flickering candles in the Christmas tree and wreaths, of warmth and pleasure and of groaning tables that all but collapse under the weight of the food heaped on them. Baking begins weeks in advance, and different kinds of breads, often in the ancient, traditional forms of wreaths and sun rays are a particular speciality. In remote farms people brew Christmas beer and distill akvavit. Lutfish go into their wooden tubs and pigs and geese are killed. And when the great season arrives on Christmas Eve, the table is finally laid for twelve days of feasting. Traditional Christmas dishes are lutfish and rice porridge, ham, braised goose filled with apples and served with red cabbage, liver paté, spicy sausages, head cheese and cookies and cakes without end. The Norwegians are fond of spareribs served with sauerkraut; the Danes always expect goose; the Swedes and the Finns prefer ham, braised and prepared in a pastry shell. For drink there is foamy beer or Glögg, a steamy, hot concoction made with wine, brandy or akvavit, and fragrant spices. In Norway it is served with thin pancakes made from rye flour and wrapped around slices of goat cheese.

Norwegian red cabbage
Rödkål
6 servings
2 tablespoons margarine or butter
2 pounds red cabbage, finely shredded
2 medium apples, peeled and sliced
1 medium onion, chopped
2 teaspoons caraway seed, crushed
1 teaspoon salt
2 tablespoons maple or dark corn syrup
¼ cup vinegar
2 tablespoons water
In a large heavy saucepan, melt margarine. Add cabbage, apples, onion, caraway seed, salt, syrup, vinegar and water. Cover; bring to a boil, tossing lightly occasionally to blend. Reduce heat and simmer about 45 minutes or until tender. Stir occasionally; add a little water, if needed. Remove cover during last 10 minutes to allow any excess liquid to evaporate. Serve with Christmas ham, roast goose or duck.

Danish rice pudding
Risikrem
6 servings
3 cups milk
½ cup rice or
2 cups pre-cooked rice
½ teaspoon vanilla
¾ cup sugar
2 envelopes gelatine
¼ cup cold water
¼ cup chopped almonds
4 tablespoons margarine or butter
1 cup heavy cream, whipped
Bring milk to a boil. Add rice, vanilla and sugar. Simmer over medium heat until cooked, or if instant rice is used, cover and let stand 5 minutes over lowest heat. Remove from heat and stir in gelatin softened in ¼ cup cold water. Stir in almonds and margarine. Cool. Fold in whipped cream. Pour into a 2-quart mold; chill until set. Unmold and serve cold.

Finnish ham
Kinkku
12 to 14 servings
1 (12 to 14 pound) fresh ham
½ cup salt
2 tablespoons sugar
1 tablespoon saltpetre
10 quarts water
8 cups coarse or Kosher salt
6 cups rye flour
1-1½ cups water
Bread crumbs
Rub ham all over with mixture of salt, sugar and saltpetre. Cover lightly with plastic wrap. Refrigerate 2 days. Combine water, coarse salt and bring to a boil. Cool. Place ham in extra large bowl, crock or plastic pail or basket; pour in cooled salted water. Make sure ham is completely covered by water. Let stand in very cool place 8 to 10 days. Remove ham; rinse in cold water; pat dry with paper towel. Mix together flour and water; roll or pat out into large square 18" x 18". Cover ham with dough. Place ham on rack in shallow roasting pan. Bake in a moderate oven (350°) for 5 hours. Remove crust; sprinkle ham with bread crumbs. Return to oven. Bake 10 minutes or until crumbs are browned and crisp.

Swedish Christmas ham
Grilljerad skinka
6 servings
1 (3-pound) canned ham
1 egg, lightly beaten
2 tablespoons prepared mustard
1 tablespoon sugar
2 tablespoons fine, dry bread crumbs
4 tablespoons water
2 tablespoons tart jelly (crabapple, red currant, or seedless raspberry)
Place ham in baking pan. Bake in a moderate oven (325°) for 1 hour. Remove from oven; increase temperature setting to 400°. Mix together the egg, mustard and sugar; spread over ham; sprinkle with bread crumbs. Return to oven about 10 minutes or until crumbs are golden brown. Place on warm platter; let rest about 10 minutes before carving. Meanwhile, add water to contents of baking pan; stir and scrape until all brown bits are loosened. Bring to a boil. Strain into a small saucepan. Add jelly, heat until jelly melts. Serve hot or cold with hot or cold sliced ham.

Swedish liver paté
Leverpastej
2 loaves
1 pound pork liver
1 quart water
1 tablespoon salt
1 pound bacon
4 anchovy fillets
1 teaspoon margarine or butter
1 tablespoon finely chopped onion
½ teaspoon salt
1 teaspoon white pepper
3 eggs
1 tablespoon cornstarch
2 tablespoons cold water
2 cups heavy cream
¼ pound bacon slices, if desired
In 2-quart bowl, soak liver in water and salt about 2 to 3 hours; drain. Put liver through fine blade of meat grinder, alternating with 1 pound bacon strips and anchovies. In small skillet melt margarine; sauté onion in margarine until transparent. Add salt, pepper, eggs, cornstarch mixed with water, and cream. Beat with fork until smooth. Line two 9" x 5" x 3" loaf pans with greased aluminum foil or slices of bacon. Put 3½ cups mixture into each pan; cover with aluminum foil. Place pans in large baking pan; fill to a depth of 1" with hot water. Bake in a moderate oven (350°) about 1 hour or until knife inserted near center shows no pink meat or juices. Chill well. Unmold. Serve in slices on bread or lettuce leaves.

Norwegian red cabbage
Rödkål
6 servings
2 tablespoons margarine or butter
2 pounds red cabbage, finely shredded
2 medium apples, peeled and sliced
1 medium onion, chopped
2 teaspoons caraway seed, crushed
1 teaspoon salt
2 tablespoons maple or dark corn syrup
¼ cup vinegar
2 tablespoons water
In a large heavy saucepan, melt margarine. Add cabbage, apples, onion, caraway seed, salt, syrup, vinegar and water. Cover; bring to a boil, tossing lightly occasionally to blend. Reduce heat and simmer about 45 minutes or until tender. Stir occasionally; add a little water, if needed. Remove cover during last 10 minutes to allow any excess liquid to evaporate. Serve with Christmas ham, roast goose or duck.

Finnish sweetened potato pudding
Imellytetty perunalaatikko
4 servings
6 medium boiled potatoes, hot
4 tablespoons flour
2 tablespoons sugar
1 tablespoon salt
3 cups milk
4 tablespoons margarine or butter
Slice potatoes into buttered 2-quart mold. Sprinkle mixture of flour and sugar over each layer. Add salt, milk and margarine. Bake in a moderate oven (350°) for 40 minutes or until golden brown.

Danish rice pudding
Risikrem
6 servings
3 cups milk
½ cup rice or
2 cups pre-cooked rice
½ teaspoon vanilla
¾ cup sugar
2 envelopes gelatine
¼ cup cold water
¼ cup chopped almonds
4 tablespoons margarine or butter
1 cup heavy cream, whipped
Bring milk to a boil. Add rice, vanilla and sugar. Simmer over medium heat until cooked, or if instant rice is used, cover and let stand 5 minutes over lowest heat. Remove from heat and stir in gelatin softened in ¼ cup cold water. Stir in almonds and margarine. Cool. Fold in whipped cream. Pour into a 2-quart mold; chill until set. Unmold and serve cold.

Tjinuski caramels
Tjinuskikola
Makes 64-1" squares
1½ cups sugar
¼ cup cocoa
⅓ cup molasses
1¾ cups milk
¼ cup margarine or butter
1 teaspoon vanilla
In a heavy saucepan, combine sugar, and cocoa. Add molasses, milk and margarine. Cook over moderate heat, stirring constantly, until candy reaches hard ball stage, 248° F. on a candy thermometer. Pour into buttered 8" square pan. Do not scrape the sides of pan. When partially cooled, mark and cut into 1" squares. When thoroughly cooled, wrap individually in waxed paper.

Alongside the Christmas tree, the pine branches and pine cones, the wreaths and red ribbons which all decorate Swedish homes during the darkest days of the year, the sweet and spicy gingerbread house is always present. It stands there in all its glossy brown sweetness as the symbol of domestic happiness. The gingerbread house is always prepared by the children of the family (but with the expert help of the mother, of course). The mother prepares the dough, which is rolled out to a thin layer. Then the parts of the house are cut out using cardboard forms and the individual pieces are baked in the oven. When the walls and roof forms have been cooled on a rack, they are decorated with colored glaze from a pastry bag: the doors and windows get borders, there are piles of 'snow' for the roof, and decorated paper curtains are hung in the windows. Then the house is put together, with the cardboard forms used as supports. What happier scene can there be than the little gingerbread house, set deep in the snow, a small mirror representing a nearby frozen lake, and pine branches simulating the snow-laden trees surrounding the house.

Gingerbread house

Pepparkakshus
1 house
1 cup brown sugar, firmly packed
1 cup molasses
1 cup shortening
5 cups sifted flour
1 tablespoon baking soda
1 tablespoon cinnamon
1 tablespoon ground ginger
Place brown sugar, molasses and shortening in large saucepan. Cook over medium heat, stirring frequently, until well blended. Sift together flour, baking soda, cinnamon and ginger; stir into warm molasses mixture until well blended. While dough is still warm, remove about one quarter of the dough; knead in hands to shape into a fine-grained ball. Roll out on lightly floured surface to a rectangle about ⅛" thick and large enough to cut out pieces needed. Repeat with remaining dough until all pieces of the house are cut out. Place carefully on greased cookie sheet. Bake in a moderately hot oven (375°) until edges barely begin to brown and surface is no longer puffy, about 5 to 8 minutes. Remove carefully to racks; cool.

To make gingerbread house:
Cut out - as indicated in drawing - and bake:
2 pieces (3 x 7") for walls. Cut out windows and door as indicated in drawing.
2 pieces (4 x 8") for roof.
2 pieces (4 x 5") for front and back. Cut out edges and window as indicated in drawing.
4 pieces (1 x 3", 1 x 2" and 2 pieces 1 x 3") for chimney.
Cut off edges as indicated in drawing.

Decorate sides and roof with frosting to outline windows, doors, roof tiles, window boxes etc.; let dry. Spread frosting on ends of sides and on roof pieces where they meet; assemble chimney. Put house together; place chimney on top. Let stand until firm.

Frosting:
1 egg white
2 cups sifted confectioners' sugar
1 teaspoon lemon juice
Place all ingredients in small deep mixing bowl. Beat at high speed until firm. It should be of a soft enough consistency to flow through a fine pastry tube to make the decorations, but stiff enough to hold its shape. While mixing, add a few drops more lemon juice or a tablespoon more or less of sugar, to obtain this consistency. Decorate Gingerbread House.

The diagram illustrates the components of a gingerbread house. It includes two identical wall pieces (7" x 3") with a window and a door, two side pieces (7" x 3") with a window, a roof piece (8" x 4"), two side pieces for the roof (8" x 4"), a front piece (4" x 5") with a window, a back piece (4" x 5"), and four chimney pieces (3" x 1", 2" x 1", 1" x 1", 1" x 1"). The diagram shows how these pieces are assembled into a house shape, with the chimney on top and the roof pieces forming the top and sides.

NORDLENNING KAFFELAG

by Astrid Hope

The fifth of a series of kaffelags took place at the general meeting of Sons of Norway on October 24th when Janel Burt displayed beautiful artifacts and handicrafts depicting the Valdres, Trondhjem and Norlands areas of Norway; Janet's mother and father were born at Trondhjem and Lofoten Island respectively.

OPPLAND COUNTY

Valdres is in the Oppland county and is situated south of Trondhjem, north-west of Alesund, with Gudsbrandsdalen to the north-east. Fagernes is the capital of this area.

The southern part consists of pleasant, undulating farmland comprised of the Hadel and Toten areas. Travelling north through Valdres the scenery gradually becomes wilder and more rugged, culminating in the mountains of the Jotunheimen, Rondane and Dovrefjell, which include the highest peaks of northern Europe. Beitostolen, at the foot of northern Europe's largest mountain range, has some of the finest slopes, open fields and well-marked wooded trails, and attracts all kinds of skiers. Also at Oppdal, gateway to the Trollheimen mountains, is superb down-hill terrain and has ski-lifts for Alpine ski fans.

One of the ten highest waterfalls, Vettisfoss of Jotunheimen, provides Norway with some of its electrical energy.

STAVE CHURCHES

In the Valdres area there are still seven existing Stave churches — noted to be the richest in style. Most of them were built in the 13th Century, and are Norway's most characteristic contribution to medieval architecture. One of them, Vang Stave Church, was sold to the King of Prussia in 1841, who entrusted it to a parish in Silesia where it still stands. The building technique, especially in the columnar stave church, has made them internationally famous.

LIVELIHOOD

Farming, and forestry are the main sources of livelihood, but mining, engineering and metallurgy, together with wood-working, area also important.

COSTUMES

The female costumes carry a wealth of floral embroidery (like the one Janet was modelling for her display). It shows the influence of urban fashion. Hand-woven anochrome and striped or checked skirts are also used. There are original 'bunads' hanging in the Valdres Folk-museum which were in use until the 1900's.

Men also had extensive embroidery on their jackets, vest and breeches. The groom's costume is very similar to the one from Hallingdal.

EMIGRATION

More people come to America from Valdres than from any other part of Norway. While Norway has about 20,000 Valdres people, there are twice as many in North America.

TRONDHJEM

To the north of this area is Trondhjem, the second largest city in Norway, situated at the mouth of the Nid River (see special note on Nidelven later in this article). It is a thriving, modern business centre, trading and manufacturing city.

Freighters carry such products as fish, iron-ore, wood-pulp, from here to ports in many other countries. Trondhjemfjord is the second largest fjord after Sognefjord, and along it are the vast forests of Namdal. Fishing for

salmon in Namsen River is unequalled anywhere.

OLSOK FESTIVAL

On July 29th Norway celebrates the Olsok Festival. There are bonfires throughout the country, but at Trondhjem and Stikestad there are special observances, including staging of the historical play Drama Of St. Olav, commemorating the death in battle of Norway's patron saint, St. Olav, in July, 1030. His defeat and death completed the unification of Norway (begun at the Battle of Hafsrdjord, 872), and Norway became linked to Christianity. The pageant-play (festspill) has gradually achieved a scope and artistic excellence which has attracted international recognition.

CATHEDRAL TOWN

Trondhjem, one-time archiepiscopal seat and Viking capital, is a picturesque cathedral town. The Nidaros Cathedral is the largest medieval building in the Nordic countries. Even today Norway's kings and queens must be crowned in Trondhjem's beautiful Nidaros Cathedral.

Pilgrimages to the shrine of St. Olav in the cathedral at Nidros grew rapidly, and Sigrid Undset, a distinguished writer, has used the pilgrimage as the theme in her novel *Kristin Lavransdatter*.

The archbishop's palace and royal residence, Stifsgarden, are almost as impressive. In the fjord, on an island, stands old Nidarholmen Abbey, and on a hill above the town the ancient fortress of Kristiansten stands sentinel. The Museum of the History of Music at Ringve is unique; it contains a wealth of relics and mementos associated with many of the great composers.

ROROS

To the east is Roros, at one time a thriving copper-mining town; with its miners' cottages and mine workings it preserves perfectly the setting and atmosphere of the 17th century.

In this area there is also a Stave church, Holtalen, which has been moved to the open-air museum in Trondhjem.

ACANTHUS

Pilgrims on their way to Trondhjem's Nidaros Cathedral went by way of the Royal Highway, from south to north through the Gudbrandsdalen, spreading knowledge of things from abroad; it was from this source that the art of acanthus used in decor took root. Oppdal had a flourishing school of carving in the first years of the 19th century, and Oppland gradually changed the acanthus tendril somewhat, especially in Toten, Land and certain districts of Valdres.

Among exported items are cloudberry and loganberry. Strawberry fields and milk farms can be found in abundance.

NORLAND

At Lake Majavatn one reaches the county of Nordland. It stretches over four degrees of latitude — from Bindal in the south to Sagfjord in the north (about 50 Norwegian miles). Outside the coast-line are never-ending numbers of islands such as Vesteralen, Helegland, Lofoten, having coast-lines of all shapes and descriptions which have inspired writers' tales of trolls and giants.

Back in the mountains are forests of spruce, pine and birch. This area has scattered glaciers, rivers and marshes, and wide pastures for reindeer flocks or sheep.

LOFOTEN

Yes, Lofoten is an adventure! All around lies a land of enchantment where night takes a holiday.

Summer is one long day, extending from May to September, and the ever-present, ever-changing light never fails to reveal new aspects of the landscape to add to the tremendous variety that already exists. It is the Land of the Midnight Sun! The whole disc of the sun is visible.

It is a land of vivid contrasts. The desolation of the tundra is balanced by the hustle of the fishing villages, the rugged coasts by the verdant pastures and green of the coastal strip, the winter gloom by summer's endless day.

Four-fifths of it is north of the Arctic Circle, and nowhere in the world has civilization penetrated farther north. Strawberries ripen

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up to the 70th parallel, the sea teems with fish, and the mountains gleam with minerals. The people of the north live well, thanks to the benign influence of the Gulf Stream which provides them with a climate unmatched in corresponding latitudes elsewhere.

SINCE VIKING TIMES

For three months a ritual takes

place which has been practised since Viking times — thousands of fishermen haul up the lucrative harvest of millions of pounds of codfish; likely some of it is that which is devoutly prepared for some of our lutefisks. Curtains of the cleaned cod dry on huge rocks near Svolvær, capital of Lofoten, a awaiting shipment to markets around the world.

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SOLGLYT SPOTLIGHT

by Bob Burt



DATES TO REMEMBER
November 21 - General Meeting — Wine & Cheese
December 7 - Election of Officers and Bingo
December 16 - Christmas Party and Pot-Luck Supper
January 11 - Nordic Club Supper — Ski for Light
January 16 - General Meeting
January 26 - Installation of Officers and Dance
February 13 - General Meeting
February 29 - March 2 - Winter Sports Weekend, Grande Prairie

Curling - every Monday night at the Sportext at 9:00 p.m.
Bowling - 8 teams play off each Tuesday at the Windsor Bowl

Red Deer held their Lutfisk Supper Saturday, November 17th, followed by Dancing. Lutfisk suppers were also held at Camrose and Kingman.

Taping of Norwegian Heritage will be made by CTV in December to be shown in January (date to be announced).

Torske Klubben hold their monthly suppers the first Tuesday of each month; next meeting will be December 4th.

Harv Haugen directed the program at the Vic Composite High School Theatre on November 3rd.

Gunhild and Lars Vika of Bomlo, Norway, were visiting the Hopes here in Edmonton; Gunhild is John's cousin.

Astrid Hope and her mother, Mrs. Lydia Tagseth, made a tour of Princeton, Vancouver and

Kamloops, B.C., to visit her brother, son and sister's families recently.

Sympathy is extended to Kris Nyhus and family on the death of Anders Nyhus, Kris's father.

Anders passed away at the age of 77 at his home in Geilo, Norway, the northern part of Hallingdal. He is survived by his loving wife, Margit, two daughters, Ruth Solheim of Geilo, Birgit Vassbo of Hokksund, near Drummond, Norway, and son Kris Nyhus of Edmonton. He also leaves six grandchildren. Internment was at Geilo, Norway.

Kris travelled to Norway on October 19th where he stayed with his mother. While there he visited his cottage at Honefoss, near Oslo.

SPORTS

Kris Nyhus, Sports Director for Solglyt Lodge for the past number of years, is keenly interested in soccer. He spends the summer months coaching a Community League bantam team, and at the completion of this winter's skiing he will be coaching a Select City Club bantam team "The Ajax", representing the north-west zone. The team will be competing against three other Select Teams, Sherwood Park and St. Albert.

Following eliminations, the winners will compete against teams from Lethbridge, Calgary and Red Deer.

Winter activities are already in progress. A dozen members of the Nordic Ski Club have been in training all summer under Corey Torgness. They have been roller-skiing, striding and running at McNally High School.

Members of the Nordic Ski Club will be cross-country skiing t Kinsmen Park. Assisted by Kris Nyhus, the mixed membership is expected to quickly increase to over 40 skiers.

There will be weekly winter competitions throughout the province from the first week in January to mid-March. Competition includes cross-country races and ski-jumping at Devon and Banff, as well as Western Canadian competitions at ski areas all the way from Peace River in the north to Pincher Creek in the south.

Teams are keenly interested in Alberta Winter Games and Canadian Championships.

PHIL OLSTAD

Sincere sympathy is extended by the Sons of Norway to the Olstad family on the death of Phil Olstad, one-time treasurer of Solglyt Lodge.

Phil passed away September 24th at the age of 60. He leaves his loving wife, Evelyn, a son, Alistair, and a daughter, Karen; also a sister, Vivian Richards, of Houston, Texas, and two brothers, Hollis of Edmonton, and Gordon of Calgary.

Phil's grandfather was the first to break soil at Camrose. Phil was born at Binford, North Dakota, moved to Pelican Rapids, Minnesota, to New Norway in 1936, to Camrose in 1937, and Edmonton in 1943. He worked on the Alaska Highway and with Armco for 32 years.



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Cultural Corner

by Astrid Hope, Cultural Director

In conjunction with the celebration of Lief Erickson Day on October 12th, Solglyt Lodge saw their new Queen, Gunn Espeland, crowned by outgoing Queen, Jennifer Kristensen. Gunn was also presented with the Barbara Maline Fowler memorial plaque by Gladys Clark, and Astrid Hope pinned the gift of a Norwegian silver filigree pin to Gunn's costume.

Gunn is 23 years old. She was born in Aalgaard, Norway (near Stavanger) and has been in Canada for 14 years.

She works as a bookkeeper for her father at Skogen Construction Company, as well as for other firms, and it is her ambition to form her own company.

Gunn likes all kinds of sports — skiing, skating, snowballing. She also enjoys crafts, especially knitting Norwegian sweaters.

In her acceptance speech, made in both Norwegian and English, she stated that she would make every effort to promote Norwegian

In her acceptance speech, made in Norwegian and English, she stated that she would make every effort to promote Norwegian culture.

Congratulations, Gunn!

In conjunction with the reception for Mr. Peter Graver, Norwegian Ambassador to Canada, given by Mr. Arne Johannessen, Norwegian Consul, Astrid Hope had a display of Language Camp 1979 in the Dania Room. Sons of Norway and the Nordic Society

arranged for the hors d'oeuvres and coffee.

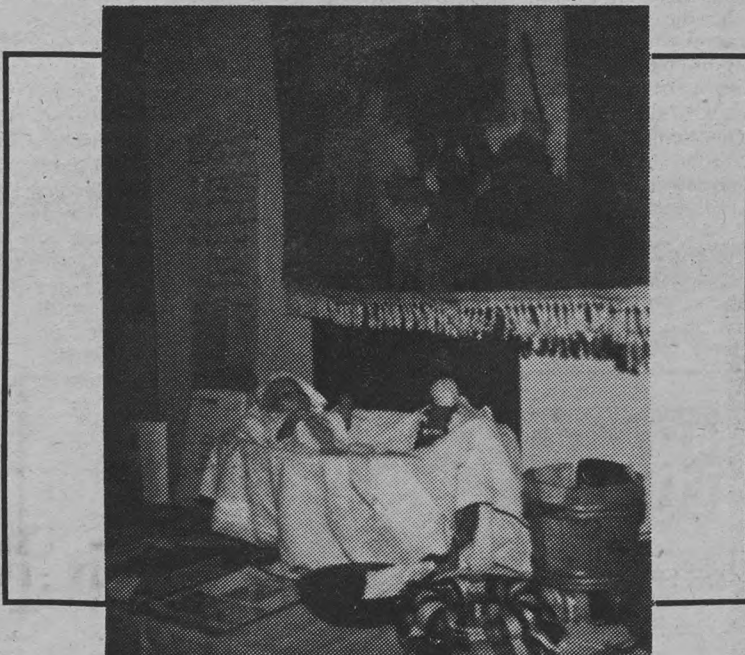
On October 29th the Freeloaders entertained for the Strathcona Place Senior Citizens on the occasion of their dress-up Hallowe'en Party.

Solglyt's Annual Christmas Program will be held on December 16th at 3:00 p.m. at the Scandinavian Centre. The theme will be *Julen i de gamle dager*.

Come young and old to our old-fashioned Christmas party. Following Julenissen we will be having a pot-luck supper, so bring the dish you make best and join the fun.



Gunn Espeland — Newly-crowned Queen



"I den gamle dager" — Part of Language Camp Display
Faten og kjaeringe (rug) in background

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IF YOU HAVE ONE OF VERA NIELSEN'S DANISH COSTUMES, PLEASE RETURN IT EITHER TO VERA, OR TO THE CENTRE, BEFORE THE END OF NOVEMBER!

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Seminar in the Country

by Astrid Hope

A Sons of Norway Officers' Seminar was held on Saturday, October 13, at Poplar Ridge Hall in the country near Red Deer.

The setting was very relaxing, and nature was at its loveliest with a wealth of rich, vivid colours.

From Solglyt were Gary Johnson, Betty McKeivitt and Astrid Hope. From 4th District were Roy Swanberg, Ed Ness, Harv Haugen and Ross Anderson. Officers from our two newest lodges, Nissen at Radisson, Saskatchewan, and Aspelund at Red Deer, also attended.

After registration Gary Johnson started the seminar off with words of welcome. The film *Norwegians in Alberta* was shown and received praise and compliments. After introducing 4th District speakers, Gary introduced Kaare Askeldt, President of 'Ski for Light', who spoke and showed a film. Ken Domier was there to report on Tor-ske Klubben, while Ida Martin, President of Valhalla Lodge, and Astrid Hope, Cultural Director of Solglyt Lodge, reported on the 1979 Language Camp.

Each Director spoke on topics for the good of the order.

The Bismark District 4 Convention will be held June 19, 10 & 21,

1980 (as well as other delegates there will be one Unge Venner delegate from each Lodge), while the Supreme Convention has been changed to the beginning of September and will be in North Hollywood, California.

Lists of inter-Lodge communications and activities were given and dwelt upon by Gary. The majority seemed to feel that this type of seminar should be held oftener; it was friendly and informal throughout.

One could not help but notice that problems were similar in all Lodges. Helpful suggestions and discussions took place at the open forum.

From time to time throughout the day lucky numbers (found under your chair) were drawn and the holder received a 'Ski for Light' button.

Following the seminar a home-cooked supper prepared by the ladies was greatly enjoyed. During the supper-hour we were entertained by balloon-jester Harv. There was fun, music and dancing to an impromptu band composed of Betty Wolff and Marilyn Sween from Aspelund Lodge, along with Gary Johnson.

All in all it was a great seminar!

Vasa Lodge Nordstjarnan

by A. Holmlund

The September Vasa meeting was held in Lone Ridge Hall.

Discussion of the November 24th Lutfisk supper took place and it will be held at the Moose Hall in Wetaskiwin from 4:00 p.m. to 8:00 p.m., with everyone welcome.

Initiation of new members will take place at the November meeting, which will be concluded with a wine and cheese party.

Congratulations to the newlyweds of the summer — Mr. and Mrs. Blen Byrley, Mr. and Mrs. Dwayne Robins, and Mr. and Mrs. Dwight Flinkman.

Mr. and Mrs. Darl Brown holidayed in Alberta visiting relatives and friends in Wetaskiwin and Grande Prairie. They returned to Norway where Darl is employed.

Mr. and Mrs. Dan Edin spent Thanksgiving with their daughter and family in Edson.

Mrs. Harry Holmlund accompanied her mother, Mrs. Stewart, to Vancouver to attend Mrs. Stewart's grandson's wedding. Congratulations to Mr. and Mrs. Sharp.

Our sympathy is extended to Mr. and Mrs. Sundquist on the death of her mother, Mrs. Klein.

Get well wishes to Mrs. Carl Brown who was hospitalized after a car accident.

Mrs. Elvira Anderson and Mrs. Bryhelt are holidaying in California visiting with the former's daughter.

Mr. and Mrs. Harold Sjolund, Mrs. Wilma Stone, and Mrs. Thelma Stone report a very enjoyable holiday when they travelled across our wonderful country to the east of St. John's.

Mr. and Mrs. Norman Bauer and family from Medicine Hat were recent visitors with her mother, Annie Holmlund.

STOCK POT NEWS



BY Borge Velling

It seems that Jens and his family are going to be the main subjects of the Stockpot News again this month: Jens and Aia became the happy parents of a beautiful little daughter! Anne Marie was born one month too soon — as planned, mind you, because of the rush in the Centre during December. The Scandinavian Centre takes this opportunity to congratulate both of you, Jens and Aia.

Surprise parties are not known in Denmark, so when 35 nice people made a surprise party for Jane and I we were really taken unaware. We had a beautiful evening, night, etc., with lots of akavit and party trays from the Centre. I didn't even know those party trays were that good!

Jane and I would like to thank you for the nice start and beautiful gifts we received — and please don't worry about the hole in the wall or the one in the door — we'll fix them.

Irene and Elgin Campbell celebrated their 25th Anniversary on Sunday, November 11th, at the Scandinavian Centre, attended by lots of nice people from lots of places. So, dear Irene and Elgin, congratulations from all of us here at the Centre — we all love you.

Irene??? What happened to those Southern Baked Beans you promised me?



by Anja Sahuri

The annual "Pikku-joulu", or Christmas party, will be held on Friday, November 23rd, 1979 in the Nordic Room, Scandinavian Centre. Tickets are available at the door at \$7.50 each. Everyone is asked to bring something small for Santa's plentiful bag. Pikku-joulu will start at 8 p.m., sandwiches, coffee, etc. Everyone is welcome.

Children's Christmas party will be held on December 6, 1979 at the Scandinavian Centre, Dania Room. Parents should bring a gift for their children. Coffee is available for adults - as they enjoy the program that the children will put on. The party is from 2 p.m. to 5 p.m.



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Doreen and Del Melsness receive gift from Solglyt Lodge

A Night to Remember

by Bob Burt

The Lief Erickson program on October 12th was an evening filled with entertainment; the music was excellent, the crowd receptive, and the Centre filled with good fellowship.

The new Solglyt Queen, Gunn Espeland, was crowned and presented with the traditional Norwegian filigree pin and the Barbara Maline Fowler plaque. Gunn, attired in her Hardanger costume, was every inch a regal Queen.

Del and Doreen Melsness, along with their family and friends, were present on this occasion to be honoured for their activities with the Lodge and to bid farewell this branch. They will move to Vancouver Island and retirement.

The Melsness have been every active here and it was most difficult to say goodbye. They were presented with Norwegian Loving Spoons made by Harry Huser as a gift from the Lodge. An Alberta wild rose rustic inlaid wooden

plaque was also presented to them.

They will be living in their new cedar log house and matching guest house, located five miles from Courtenay — by the sea on the Georgia Strait.

Members of Solglyt wish Del and Doreen and their family all the luck in the world. I am certain that they will have visitors from Edmonton from time to time — the Melsness name is already in the Courtenay phone book.

Hans Lund passes

Hans Lund of Horne, Fyn, Denmark, for 10 years a resident of Hinton and Edmonton, passed away August 8, 1979, after a year-long fight with cancer.

While living in Canada he was employed with Loffland Drilling. He left Canada in November of

1966 to return to Denmark where he took over the family farm and built it up to a successfully producing dairy farm before becoming ill.

He leaves his American wife, Sharon, his three daughters and his parents.

NEEDED — FOR NEXT YEAR

The Edmonton Heritage Festival Committee requires volunteers for next year to work at their Casinos. If you can help phone Anne Sahuri after 6:00 p.m. — 489-7515.

FLOWERS KLONDYKE GARDENS

For All Occasions

Wedding and Funeral Designs - Cut Flowers - Potted Plants

ANNA HANSEN

475-6636 Fort Road Londonderry 476-1378

FINLANDIA VODKA

Nordic Sun and Tropic Breeze



Tropic Breeze
1 Part Finlandia Vodka
3 Parts Tomato juice
and a few dashes
of Tabasco

Nordic Sun
3,5 Parts Finlandia Vodka
1,5 Part Dry Vermouth
Shake with cracked
ice — add a slice of
lemon

On the Rocks
The pure taste of
Finlandia Vodka
is at its best in
this drink

OPERATING STATEMENT JANUARY 1, 1979 — SEPTEMBER 30, 1979

REVENUE

Banquets	\$115,540.05
Corkage	\$ 13,938.20
Meetings	\$ 6,450.80
Misc. Income	\$ 7,789.62
P.A. System	\$ 650.00
TOTAL	\$144,368.67

COST OF REVENUE

Food Purchase	\$ 44,439.74
Soft Drink Purchases	\$ 1,424.29
Advertising	\$ 2,120.13
Car Allow.	\$ 675.00
Equipment Rentals	\$ 855.99
Bank Charges	\$ 85.62
Interest Rec. Re Savings Acct.	\$ 186.12 CR.
Taxes Lake Lot	\$ 70.37
Insurance	\$ 3,651.98
Audit	\$ 500.00
Meeting Exp. (Board of Dir.)	\$ 599.70
Donations	\$ 80.00
Office Expenses	\$ 976.48
Garbage & Ground Maint.	\$ 372.00
Repair & Maint.	\$ 1,947.32
Equipment Repairs	\$ 1,625.73
Utilities & Telephone	\$ 7,755.84
Misc. Supplies	\$ 6,786.99
Taxes & Lic.	\$ 75.00
Salaries - Adm.	\$ 31,762.44
Commission	\$ 3,438.06
Wages - Kitchen	\$ 27,772.35
Wages - Maint.	\$ 7,750.00
Casual Labour	\$ 242.80
Postage	\$ 153.11
W.C.B.	\$ 321.73
Sundry Expenses	\$ 477.14
Heritage Days 1979	\$ 1,268.35
	\$147,042.04

LOSS \$ 2,673.37

NEWSPAPER — OPERATING STATEMENT JANUARY 1 — SEPTEMBER 30, 1979

REVENUE

Subscription Income	\$ 2,432.00
Revenue - Advertising	\$ 1,897.00
Revenue - Donations	\$ 697.98
	\$ 5,026.98

COST OF REVENUE

Equipment Leasing	\$ 3,658.76
Delivery	\$ 44.05
Office Supply	\$ 43.10
Postage	\$ 1,518.68
Publishing Cost	\$ 1,310.70
Wages	\$ 492.77
	\$ 7,068.06

LOSS \$ 2,041.08